

Exercises for Indoor Workers



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Exercises for Indoor Workers

A CONCISE COURSE OF
HEALTH HELPS FOR
SEDENTARY PEOPLE

BY

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INTRODUCTION

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The exercises described and illustrated in the following pages have been designed with the object of assisting the indoor worker, who, from his sedentary mode of living, not infrequently becomes a sufferer from constipation, indigestion, etc., and to such the course will undoubtedly recommend itself. Ordinarily, the exercises are intended for the mornings; but persons troubled with insomnia may be greatly benefited by reversing the order and executing the movements before retiring.

The following general rules may be observed in addition to taking the regular daily exercises:

On rising, drink a glass of water. Rub the muscles of the stomach and abdomen with the flat of the hand, from left to right, with a circular motion, gradually increasing the size of the circles. Then, pressing heavily with the palm of the hand, follow the outer edges of the abdomen, from the right, up to the ribs, across, and down the left side. Repeat the latter five times. Follow with the day's exercises, after which sponge the body well with cold water, and rub thoroughly with a towel until the heat returns to the skin.

In executing each movement it is quite necessary that the mind be concentrated on the work in hand, while the exercises should be performed with energy and spirit, and not done in a languid, indifferent manner.

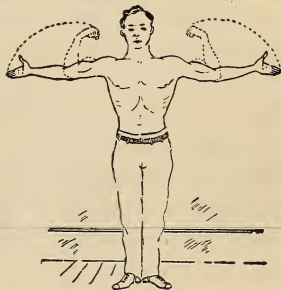
The number of movements in each exercise have been set for beginners, and may gradually be increased.

MONDAY



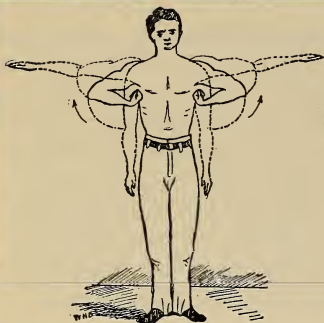
EXERCISE 1. Stand erect. Place the hands on the hips, the thumbs to the rear. Inhale a deep breath through the nostrils, elevating the chest. While the lungs are thus filled, work the chest and shoulders up and down; then exhale as much as possible by bringing the shoulders forward and contracting the chest and abdomen. This deep-breathing exercise should be taken daily.

EXERCISE 2. Stand erect; the arms on a line with the shoulders, the fingers spread well apart. Bend the arms at the elbows, clench the fists, and bring the forearms over the shoulders; at the same time endeavor to contract the muscles of the chest and back. Repeat this movement five times.



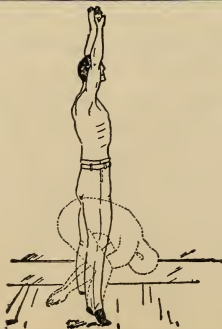
EXERCISE 3. Stand with feet 18 inches apart, body turned slightly to the left, the left arm extended over the head, and the right knee bent. Swing the uplifted arm down between the legs, at the same time straightening the right leg, bending and throwing the weight of the body on the left leg. Then back to first position. Repeat left and right five times.

TUESDAY



EXERCISE 1. Stand erect, arms at sides, the fists clenched. Curl the fists up under the armpits, then extend the arms to their full length, keeping the elbows up, the finger nails down. Repeat five times.

EXERCISE 2. Stand erect. Place the left hand on the back of a chair to aid the balance. Draw the right leg up, the knee bent, the toe pointing upward. Force the leg out sideways with a circular motion, the toe pointing downward; then bring the leg back to first position. Repeat right and left five times.



EXERCISE 3. Raise the arms over the head until the backs of the hands touch. Swing the arms down between the legs, bend the legs outward, and at the same time turn the hands until the palms touch; then back to first position with the hands over the head. Repeat five times.

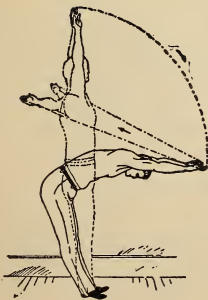
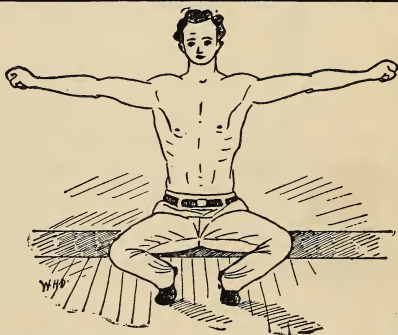


WEDNESDAY



EXERCISE 1. Extend the arms over the head, and bring the right foot to the rear. Balance on the left foot, swaying the body backwards and forwards, using the right foot as a pendulum. Repeat right and left five times.

EXERCISE 2. Bend the knees and squat down on the heels, clenching the fists and raising the arms on a line with the shoulders as the body is being lowered; then return to standing position, with the arms at the sides, the fingers spread well apart. Repeat ten times.



EXERCISE 3. Stand with feet together, arms extended over the head. Bend the body to an horizontal position, keeping the knees stiff. Return slowly to an upright position, bringing the arms on a line with the shoulders with an outward sweeping motion, as in swimming. Repeat five times.

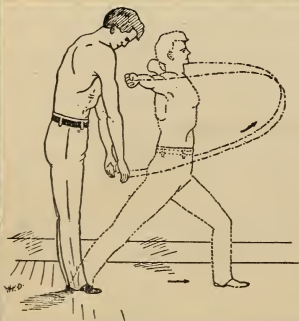
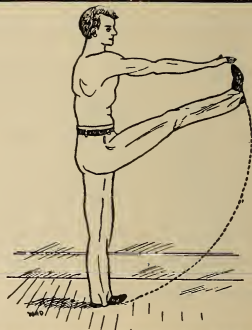


THURSDAY



EXERCISE 1. Stand erect. Raise the arms on a line with the shoulders; then bend the body right and left from the hips, using the outstretched arms to describe a see-saw motion. Make ten movements each way.

EXERCISE 2. Bring the right arm to an horizontal position in front of the body. Raise the right leg, the toe pointing upwards, until it touches the outstretched hand. Keep the body as near an upright position as possible. Repeat right and left five times.



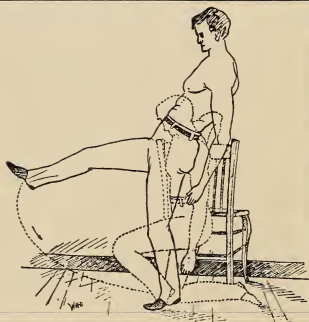
EXERCISE 3. Contract the chest by bringing the shoulders and arms forward, the fingers spread apart; exhale as much as possible. Lunge forward with the left foot, bringing the arms on a line with the shoulders, the fists tightly clenched, at the same time inhaling a deep breath. Repeat left and right five times.

FRIDAY



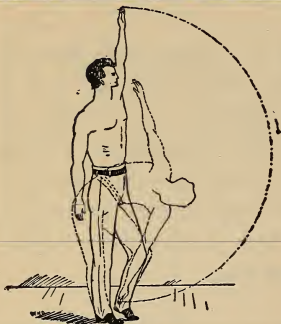
EXERCISE 1. Stand with feet 18 inches apart. Extend the arms over the head, forming a "V" from the shoulders, palms front. Reach as high as possible, stretching the muscles of the arms and legs to their utmost extent. Hold this position for a reasonable length of time.

EXERCISE 2. Place the right hand on the back of a chair. Raise the right leg in front to an horizontal position, pointing the toe. Bend the left knee and bring the right leg back to kneeling position. Return to first position. Repeat right and left five times.



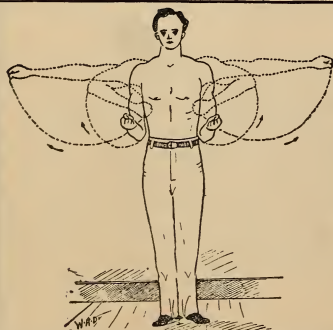
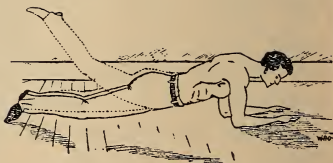
EXERCISE 3. Bring the arms to an horizontal position in front of the body, the palms of the hands down. Turn the upper part of the body left and right from the waist, keeping the lower part as near rigid as possible. Make ten movements to either side.

S A T U R D A Y



EXERCISE 1. Advance the left foot about two inches, the left arm extended over the head. Bend the body and left leg, and bring the hand down so as to touch the heel of the left foot, at the same time keeping the right leg straight. Repeat left and right five times.

EXERCISE 2. Stretch full length on the floor. Raise the body on the elbows and toes, keeping the elbows well in front, the palms of the hands flat on the floor. Retain this position until the tension is felt upon the muscles of the abdomen; then raise the legs alternately, reaching as high as possible. Repeat five times.



EXERCISE 3. Stand erect, chest elevated, arms at sides, fists clenched. Bend the arms at the elbows to an angle of 45 degrees, finger nails up. Force the arms up and out, to their full extent, on a line with the shoulders, simultaneously turning the finger nails down. Repeat five times.

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